

Chicken Baked65

Number of Servings: 65 (80.65 g per serving)

Amount	Measure	Ingredient
8 1/8	lb	Chicken, broiler/fryer, breast, w/o skin, rstd
13.00	ea	Eggs, whole, raw, lrg
1 1/4	cup	Milk, nonfat/skim, w/add vit A & D
4 1/2	cup	Flour, all purpose, white, bleached, enrich
1 1/2	Tbs	Spice, paprika
3 1/4	tsp	Spice, onion, powder
65.00	ea	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts			
Serving Size (81g)			
Servings Per Container			
Amount Per Serving			
Calories 140		Calories from Fat 30	
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	90mg		30%
Sodium	60mg		3%
Total Carbohydrate	7g		2%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	20g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

1 serving = 2 oz meat + 1/2 grain

1 serving = 8 grams carbohydrate = 1/2 Carb Serving

Notes

* purchase 3 oz AP chicken breasts will = at least 2 oz EP (~5# raw chicken breasts/25 serv)

Remove eggs from shell and combine eggs (liquid eggs may be used) and milk with wire whip. Dip raw chicken breast in egg-milk mixture and then roll in flour mixture and place in a single layer on sprayed or parchment-lined baking sheets. Spray well with butter flavored non-stick spray. Bake at 350 degrees F for 30 minutes uncovered.

Remove from oven and transfer to counter pans, overlapping to get 25 servings/pan. Add any drippings to counter pan(s) or small amount of water to prevent drying. Cover with foil.

Continue baking at 350 degrees F for another 10-15 minutes or until chicken is tender and internal temperature reaches 170 degrees F.

Serve 1 small chicken breast = 2 oz meat + 1/2 Carb Serv